

National Evaluation of Up2Us Coach

Program Year 2016–17

Appendix

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Part 1. In this section, we present information on each of the scales from the data on coaches and programs. For each scale, we present the items that were included in the construction of the scale, along with descriptive statistics (i.e., mean, standard deviation, and sample size) for each item. In addition, the factor score loadings for each item are provided from factor analyses. Finally, we provide the measure of reliability for the scale, Cronbach's alpha.

Table 1. Descriptive Characteristics for Scale on Coach Self-Efficacy

	Mean	Standard Deviation	N	Factor Score
I feel successful as a coach.	4.50	0.591	205	0.704
I enjoy coaching	4.67	0.556	205	0.740
I know the sport I coach well.	4.49	0.566	205	0.416
I know how to effectively coach kids.	4.39	0.563	205	0.826
I contribute to positive change in the lives of youth.	4.54	0.519	205	0.790
Cronbach's Alpha	0.737			

Table 2. Descriptive Characteristics for Scale on Coaching Confidence--Building Team Culture

	Mean	Standard Deviation	N	Factor Score
Build the self-esteem of your players?	4.38	0.594	205	0.782
Build team cohesion?	3.96	0.720	205	0.755
Promote good sportsmanship?	4.38	0.700	205	0.811
Instill an attitude of respect for others?	4.23	0.613	205	0.788
Address behavior problems of the youth you work with?	4.25	0.781	205	0.639
Cronbach's Alpha	0.805			

Table 3. Descriptive Characteristics for Scale on Coaching Confidence--Role Model

	Mean	Standard Deviation	N	Factor Score
Motivate your players?	4.33	0.647	205	0.847
Promote good sportsmanship?	4.38	0.700	205	0.832
Teach the skills of your sport?	4.49	0.599	205	0.752
Serve as a role model to the youth you work with?	4.62	0.587	205	0.713
Cronbach's Alpha	0.796			

Table 4. Descriptive Characteristics for Scale on Focus on Relationships

	Mean	Standard Deviation	N	Factor Score
Getting to know players off the field as well as on	4.27	0.776	205	0.605
The ability to form good relationships with your players.	4.54	0.606	205	0.874
Facilitating good relationships between the players	4.50	0.548	205	0.743
Cronbach's Alpha	0.571			

Table 5. Descriptive Characteristics for Scale on Focus on Skills

	Mean	Standard Deviation	N	Factor Score
Helping each of your players develop sport skills	3.81	0.999	205	0.646
Giving your players the opportunity to contribute to practice structure and activities	4.19	0.837	205	0.604
Dedicating practice time to linking sport skills to life skills	4.20	0.827	205	0.764
Coming to practice with a detailed practice plan	3.67	0.905	205	0.682
Cronbach's Alpha	0.597			

Table 6. Descriptive Characteristics for Scale on Coach Perception—Trusted Role Model

	Mean	Standard Deviation	N	Factor Score
The youth I worked with saw me as a role model.	4.39	0.730	205	0.942
The youth I worked with saw me as an adult they can trust.	4.51	0.738	205	0.912
The youth I worked with came to me for help when they had problems in their lives.	4.17	0.908	205	0.859
Cronbach's Alpha	0.879			

Table 7. Descriptive Characteristics for Scale on Coach Perception—Making A Difference

	Mean	Standard Deviation	N	Factor Score
I feel successful as a coach.	4.50	0.591	205	0.779
I know how to effectively coach kids.	4.39	0.563	205	0.805
I contribute to positive change in the lives of youth.	4.54	0.519	205	0.869
Cronbach's Alpha	0.748			

Table 8. Descriptive Characteristics for Scale on Coach Self-Awareness

	Mean	Standard Deviation	N	Factor Score
I am alert to changes in my mood.	4.61	0.528	205	0.895
I am aware of the way my mind works when I work through a problem.	4.58	0.514	205	0.899
I am generally aware of my feelings.	4.56	0.517	205	0.786
When I am having bad thoughts, I know how to change them to happier thoughts.	4.41	0.772	205	0.703
When I am in a bad mood, I can name the reason why.	4.53	0.556	205	0.762
Cronbach's Alpha	0.852			

Table 9. Descriptive Characteristics for Scale on Coach Positive Identity

	Mean	Standard Deviation	N	Factor Score
I am able to do things as well as most people.	4.37	0.733	205	0.769
I know I will always be able to make it if I try.	4.59	0.541	205	0.753
I feel that I have a lot of good qualities.	4.49	0.574	205	0.911
Overall, I am satisfied with myself.	4.51	0.539	205	0.920
I believe in myself.	4.59	0.549	205	0.855
Cronbach's Alpha	0.889			

Table 10. Descriptive Characteristics for Scale on Coach Situational Awareness

	Mean	Standard Deviation	N	Factor Score
I am the kind of person who is always aware of things around me.	4.33	0.638	205	0.672
Even in a familiar place, I am alert to things that may put my personal safety at risk.	4.44	0.659	205	0.859
Wherever I go, I am very aware of everything in my environment.	4.50	0.623	205	0.853
If a room or place feels unsafe, I try to figure out how to leave.	4.50	0.683	205	0.714
I am always aware of my personal safety.	4.53	0.653	205	0.902
Cronbach's Alpha	0.859			

Table 11. Descriptive Characteristics for Scale on Coach Future Focus and Plan B Thinking

	Mean	Standard Deviation	N	Factor Score
I can find lots of ways around any problem.	4.40	0.682	205	0.612
I am constantly striving to reach higher standards.	4.59	0.494	205	0.644
I think a lot about my goals and how I will achieve them.	4.56	0.605	205	0.881
I make plans to reach my goals.	4.41	0.678	205	0.674
I think about more than one option when trying to solve the problems I face in my life.	4.52	0.582	205	0.806
If something doesn't work out as I planned, I usually have a backup plan.	4.33	0.653	205	0.718
Cronbach's Alpha	0.814			

Table 12. Descriptive Characteristics for Scale on Coach Discipline

	Mean	Standard Deviation	N	Factor Score
I am good at exercising self-control to keep out of trouble.	4.57	0.535	205	0.636
I am a hard worker.	4.64	0.480	205	0.671
Every day, I work hard to reach my goals.	4.47	0.573	205	0.705
I finish whatever I begin.	4.18	0.772	205	0.634
I make decisions that help me be a better person.	4.63	0.512	205	0.773
Cronbach's Alpha	0.699			

Table 13. Descriptive Characteristics for Scale on Coach Social Confidence

	Mean	Standard Deviation	N	Factor Score
I am comfortable speaking in front of a group.	4.22	0.772	205	0.720
It takes a lot for me to be embarrassed.	3.85	0.945	205	0.725
I can work on something even when someone is watching me.	4.36	0.653	205	0.808
I can talk with all kinds of people.	4.60	0.530	205	0.626
I feel comfortable asking for help when I need it.	4.35	0.742	205	0.797
Cronbach's Alpha	0.779			

Table 14. Descriptive Characteristics for Scale on Coach Pro-Social Connections

	Mean	Standard Deviation	N	Factor Score
There are people I can count on in an emergency.	4.63	0.531	205	0.884
The groups I belong to bring out my strengths and successes and not my weaknesses or failures.	4.60	0.615	205	0.736
There is someone I could talk to about important decisions in my life.	4.69	0.475	205	0.901
The groups I belong to (such as my team, school, community, family, church, etc.) are good for me.	4.68	0.477	205	0.866
The friends I spend time with make me a better person.	4.58	0.543	205	0.832
Cronbach's Alpha	0.892			

Table 15. Descriptive Characteristics for Scale on Coach Planning Score

	Mean	Standard Deviation	N	Factor Score
Session Plan	4.60	0.934	169	0.747
Safe Activity Space	4.69	0.655	169	0.778
Informal Time	4.12	1.189	169	0.558
Checks In	3.98	1.026	169	0.669
Cronbach's Alpha	0.593			

Table 16. Descriptive Characteristics for Scale on Coach Completes Key Tasks

	Mean	Standard Deviation	N	Factor Score
Describes Session Goals	4.14	1.260	169	0.808
Highlights Sports Skills	3.67	1.396	169	0.886
Highlights Life/Character Skill	2.92	1.685	169	0.801
Clear Directions	4.30	1.028	169	0.809
Quick/Creative Transitions	3.50	1.171	169	0.790
Mix of Games/Drills	4.37	1.010	169	0.581
Reflection/Wrap-up Activity	3.41	1.685	169	0.750
Rate Experience and Performance	2.82	1.599	169	0.761
Cronbach's Alpha	0.900			

Table 17. Descriptive Characteristics for Scale on Coach Exhibits Effective Habits

	Mean	Standard Deviation	N	Factor Score
90-100% of Youth Engaged	4.47	0.810	169	0.651
Opportunities to Matter	3.91	1.290	169	0.748
Effectively Grabs Attention	4.05	0.781	169	0.697
Effective Behavior Management	4.31	0.802	169	0.710
Feedback on Sports Skills	4.11	1.235	169	0.748
Feedback on Life Skills	2.84	1.394	169	0.577
Promote Physical Fitness	4.65	0.750	169	0.760
Sweating vs. Standing	4.33	0.760	169	0.581
Coach Knows Names	4.73	0.686	169	0.514
Team Rules	3.75	1.282	169	0.696
Routines and Traditions	4.06	1.116	169	0.751
Small Group Opportunities	4.02	1.244	169	0.660
Deliberate Informal Time	3.70	1.335	169	0.674
Cronbach's Alpha	0.894			

Table 18. Descriptive Characteristics for Scale on Team Culture Score

	Mean	Standard Deviation	N	Factor Score
Kids Excited	4.43	0.624	169	0.714
Fun/Smiling	4.57	0.670	169	0.819
Positive Peer Interactions	4.31	0.665	169	0.540
Positive Kid/Coach Relationship	4.80	0.530	169	0.803
Celebrate Success	3.80	1.120	169	0.604
Cronbach's Alpha	0.689			

Part 2. In this section we provide the data corresponding to each Figure in the report. We present the statistics that are shown in each figure, along with the information required to test for statistical significance. While the specific statistical tests vary across all the tables, in each instance we report the p-values that indicate the probability that the observed result would be found by chance (i.e., not reflecting a true association or significant difference). For the evaluation, p-values that are 0.10 or lower are considered evidence of statistical significance.

Table 19. Results Presented in Figure 2, Up2Us Coach National Evaluation Report

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
PACER Baseline - 2nd Missed Lap	2520	19.74	16.692	1.465	0.245	5.99	2519	0.000
PACER Endline - 2nd Missed Lap	2520	21.21	17.919					

Table 20. Results Presented in Figure 3, Up2Us Coach National Evaluation Report

	N	Mean Change in PACER	Standard Deviation	
First Quartile (Q1)	715	4.61	7.120	
Second Quartile (Q2)	597	2.50	8.090	
Third Quartile (Q3)	651	1.06	10.804	
Fourth Quartile (Q4)	557	-3.21	19.387	
(I)	(J)	Mean Difference (I-J)	Standard Error	p-value
Q1	Q2	2.12	0.663	0.008
	Q3	3.55	0.648	0.000
	Q4	7.83	0.676	0.000
Q2	Q1	-2.12	0.663	0.008
	Q3	1.44	0.678	0.147
	Q4	5.71	0.705	0.000
Q3	Q1	-3.55	0.648	0.000
	Q2	-1.44	0.678	0.147
	Q4	4.27	0.690	0.000
Q4	Q1	-7.83	0.676	0.000
	Q2	-5.71	0.705	0.000
	Q3	-4.27	0.690	0.000
Note: (I), (J) = Percentile Group of PACERB2ndMissedLap				

Table 21. Results Presented in Figure 4, Up2Us Coach National Evaluation Report

		N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
PACER Baseline - 2nd Missed Lap	Up2Us Coach	2520	19.74	16.692	6.853	0.477	14.38	2211.814	0.000
	Comparison Group	737	12.89	9.272					
PACER Endline - 2nd Missed Lap	Up2Us Coach	2520	21.21	17.919	7.144	0.523	13.67	2114.168	0.000
	Comparison Group	737	14.07	10.361					

Table 22. Results Presented in Figure 5 (Mean Change in PACER), Up2Us Coach National Evaluation Report

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Up2Us Coach	2520	1.47	12.283	0.291	0.403	0.72	1678.759	0.470
Comparison Group	737	1.17	8.695					

Table 23. Results Presented in Figure 6, Up2Us Coach National Evaluation Report

Baseline PACER Score in Healthy Fitness Zone		Endline PACER Score in Healthy Fitness Zone			Total
		Does Not Meet	Meets	Exceeds	
Up2Us Coach Group	Does Not Meet	618	180	5	803
	Meets	121	313	31	465
	Exceeds	5	15	26	46
	Total	744	508	62	1314
Comparison Group	Does Not Meet	346	30	0	376
	Meets	25	49	1	75
	Exceeds	0	0	0	0
	Total	371	79	1	451
Total	Does Not Meet	964	210	5	1179
	Meets	146	362	32	540
	Exceeds	5	15	26	46
	Total	1115	587	63	1765

Table 24. Results Presented in Figure 8, Up2Us Coach National Evaluation Report

Coach Self Awareness	Mean Change in PACER	N	Standard Deviation
Low	0.13	558	14.107
Medium	4.36	322	9.027
High	2.89	689	14.992

Table 25. Results Presented in Figure 9, Up2Us Coach National Evaluation Report

	Mean Change in PACER	N	Standard Deviation
Coach Positive Identity			
Low	2.13	210	15.861
Medium	2.33	582	11.769
High	2.14	777	14.485
Coach Situational Awareness			
Low	1.78	249	16.078
Medium	3.44	253	9.468
High	2.02	1067	13.992
Coach Future Focus and Plan B Thinking			
Low	0.29	564	12.964
Medium	2.38	268	15.944
High	3.62	737	13.282
Coach Discipline			
Low	2.28	204	15.557
Medium	2.14	679	13.260
High	2.26	686	13.644
Coach Social Confidence			
Low	-0.81	512	11.960
Medium	5.07	404	12.570
High	2.81	653	15.214
Coach Pro-Social Connections			
Low	0.50	540	11.114
Medium	-1.35	118	19.493
High	3.68	911	14.056

Table 26. Results Presented in Figure 10, Up2Us Coach National Evaluation Report

	Mean Change in PACER	N	Standard Deviation
Coach Confidence Building Team Culture			
Low	-0.62	223	16.087
Medium	2.52	688	13.961
High	2.84	658	12.484
Coach Reports Making A Difference			
Low	0.20	228	16.888
Medium	2.27	622	12.200

	Mean Change in PACER	N	Standard Deviation
High	2.80	719	13.841

Table 27. Results Presented in Figure 11, Up2Us Coach National Evaluation Report

Self-Awareness					
			Improvement (or No Change) from Baseline to Endline		Total
			No	Yes	
Quartile Group	Q1	Count	52	243	295
		Percent	17.6%	82.4%	100.0%
	Q2	Count	75	171	246
		Percent	30.5%	69.5%	100.0%
	Q3	Count	108	141	249
		Percent	43.4%	56.6%	100.0%
	Q4	Count	173	112	285
		Percent	60.7%	39.3%	100.0%
Total		Count	408	667	1075
		Percent	38.0%	62.0%	100.0%
Note: Measure of Association (Pearson Chi-Square) = 123.315, 3 df, p < .001; Effect size (Cramer's V) = 0.339, p < .001.					
Positive Identity					
			Improvement (or No Change) from Baseline to Endline		Total
			No	Yes	
Quartile Group	Q1	Count	53	186	239
		Percent	22.2%	77.8%	100.0%
	Q2	Count	95	201	296

	Q3	Percent	32.1%	67.9%	100.0%
		Count	89	121	210
	Q4	Percent	42.4%	57.6%	100.0%
		Count	199	131	330
	Total	Percent	60.3%	39.7%	100.0%
		Count	436	639	1075

Note: Measure of Association (Pearson Chi-Square) = 95.948, 3 df, p < .001; Effect size (Cramer's V) = 0.299, p < .001.

Situational Awareness

			Improvement (or No Change) from Baseline to Endline		Total
			No	Yes	
Quartile Group	Q1	Count	56	208	264
		Percent	21.2%	78.8%	100.0%
	Q2	Count	66	125	191
		Percent	34.6%	65.4%	100.0%
	Q3	Count	197	176	373
		Percent	52.8%	47.2%	100.0%
	Q4	Count	153	90	243
		Percent	63.0%	37.0%	100.0%
	Total	Count	472	599	1071
		Percent	44.1%	55.9%	100.0%

Note: Measure of Association (Pearson Chi-Square) = 109.739, 3 df, p < .001; Effect size (Cramer's V) = 0.320, p < .001.

Future Focus and Plan B Thinking

			Improvement (or No Change) from Baseline to Endline		Total
			No	Yes	
Quartile Group	Q1	Count	66	196	262
		Percent	25.2%	74.8%	100.0%
	Q2	Count	92	140	232
		Percent	39.7%	60.3%	100.0%
	Q3	Count	118	135	253
		Percent	46.6%	53.4%	100.0%
	Q4	Count	166	86	252
		Percent	65.9%	34.1%	100.0%
Total		Count	442	557	999
		Percent	44.2%	55.8%	100.0%
Note: Measure of Association (Pearson Chi-Square) = 88.914, 3 df, p < .001; Effect size (Cramer's V) = 0.298, p < .001.					
Discipline					
			Improvement (or No Change) from Baseline to Endline		Total
			No	Yes	
Quartile Group	Q1	Count	42	176	218
		Percent	19.3%	80.7%	100.0%
	Q2	Count	77	164	241
		Percent	32.0%	68.0%	100.0%
	Q3	Count	111	120	231
		Percent	48.1%	51.9%	100.0%
	Q4	Count	202	100	302

		Percent	66.9%	33.1%	100.0%
Total		Count	432	560	992
		Percent	43.5%	56.5%	100.0%
Note: Measure of Association (Pearson Chi-Square) = 134.294, 3 df, p < .001; Effect size (Cramer's V) = 0.368, p < .001.					
Social Confidence					
			Improvement (or No Change) from Baseline to Endline		
			No	Yes	Total
Quartile Group	Q1	Count	35	184	219
		Percent	16.0%	84.0%	100.0%
	Q2	Count	83	197	280
		Percent	29.6%	70.4%	100.0%
	Q3	Count	128	161	289
		Percent	44.3%	55.7%	100.0%
	Q4	Count	137	68	205
		Percent	66.8%	33.2%	100.0%
Total		Count	383	610	993
		Percent	38.6%	61.4%	100.0%
Note: Measure of Association (Pearson Chi-Square) = 129.665, 3 df, p < .001; Effect size (Cramer's V) = 0.361, p < .001.					
Pro-Social Connections					
			Improvement (or No Change) from Baseline to Endline		
			No	Yes	Total
Quartile Group	Q1	Count	64	193	257

	Q2	Percent	24.9%	75.1%	100.0%
		Count	119	187	306
	Q3	Percent	38.9%	61.1%	100.0%
		Count	92	94	186
	Q4	Percent	49.5%	50.5%	100.0%
		Count	194	99	293
Total	Percent	66.2%	33.8%	100.0%	
	Count	469	573	1042	
Note: Measure of Association (Pearson Chi-Square) = 101.315, 3 df, p < .001; Effect size (Cramer's V) = 0.312, p < .001.					
Well-Being					
			Improvement (or No Change) from Baseline to Endline		
			No	Yes	Total
Quartile Group	Q1	Count	44	206	250
		Percent	17.6%	82.4%	100.0%
	Q2	Count	93	161	254
		Percent	36.6%	63.4%	100.0%
	Q3	Count	107	122	229
		Percent	46.7%	53.3%	100.0%
	Q4	Count	203	103	306
		Percent	66.3%	33.7%	100.0%
Total	Count	447	592	1039	
	Percent	43.0%	57.0%	100.0%	
Note: Measure of Association (Pearson Chi-Square) = 139.321, 3 df, p < .001; Effect size (Cramer's V) = 0.366, p < .001.					

Table 28. Results Presented in Figure 12, Up2Us Coach National Evaluation Report

		Mean	N	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Mean of Self-Awareness	Baseline	3.37	790	0.530	0.254	0.027	9.51	789	0.000
	Endline	3.63	790	0.703					
Mean of Positive Identity	Baseline	3.71	744	0.584	0.202	0.027	7.37	743	0.000
	Endline	3.95	744	0.738					
Mean of Situational Awareness	Baseline	3.68	828	0.564	0.145	0.027	5.28	827	0.000
	Endline	3.83	828	0.733					
Mean of Future Focus and Plan B Thinking	Baseline	3.61	747	0.529	0.159	0.026	6.16	746	0.000
	Endline	3.77	747	0.673					
Mean of Discipline	Baseline	3.55	690	0.529	0.204	0.028	7.25	689	0.000
	Endline	3.75	690	0.699					
Mean of Social Confidence	Baseline	3.20	788	0.613	0.247	0.028	8.66	787	0.000
	Endline	3.45	788	0.763					
Mean of Pro-Social Connections	Baseline	3.67	749	0.567	0.138	0.029	4.73	748	0.000
	Endline	3.81	749	0.748					
Mean of Well-Being	Baseline	3.50	733	0.570	0.253	0.030	8.56	732	0.000
	Endline	3.75	733	0.735					

Table 29. Results Presented in Figure 13, Up2Us Coach National Evaluation Report

		N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Self-Awareness	Up2Us Coach	231	0.16	0.753	0.032	0.063	0.51	508	0.608
	Comparison Group	279	0.13	0.665					
Positive Identity	Up2Us Coach	252	0.20	0.774	0.017	0.065	0.26	518	0.795
	Comparison Group	268	0.18	0.714					
Situational Awareness	Up2Us Coach	235	0.15	0.763	-0.028	0.068	-0.41	511	0.683
	Comparison Group	278	0.18	0.772					
Future Focus and Plan B Thinking	Up2Us Coach	206	0.10	0.737	-0.068	0.063	-1.07	468	0.285
	Comparison Group	264	0.16	0.636					
Discipline	Up2Us Coach	202	0.12	0.808	-0.053	0.071	-0.75	436	0.454
	Comparison Group	236	0.17	0.684					
Social Confidence	Up2Us Coach	230	0.16	0.831	0.005	0.073	0.07	507	0.940
	Comparison Group	279	0.16	0.813					
Pro-Social Connections	Up2Us Coach	219	0.18	0.796	0.011	0.068	0.15	434.251	0.878
	Comparison Group	266	0.17	0.690					
Well-Being	Up2Us Coach	215	0.27	0.737	0.117	0.068	1.72	464	0.086
	Comparison Group	251	0.16	0.725					

Table 30. Results Presented in Figure 14 (Self-Awareness), Up2Us Coach National Evaluation Report

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Female	354	0.20	0.746	0.100	0.054	1.86	784	0.064
Male	432	0.30	0.755					
Middle School	579	0.19	0.777	-0.258	0.055	-4.69	440.272	0.000
High School	208	0.44	0.640					
All Other Races	220	0.24	0.680	-0.027	0.060	-0.45	785	0.656
African American	567	0.26	0.778					
All Other Races	677	0.26	0.754	0.012	0.077	0.16	785	0.874
Hispanic	110	0.24	0.739					
All Other Races	759	0.25	0.758	-0.049	0.145	-0.34	785	0.733
Caucasian	28	0.30	0.543					
In School	515	0.21	0.793	-0.134	0.057	-2.34	490.306	0.020
Afterschool	222	0.34	0.671					
Brand New to Program	190	0.16	0.722	0.137	0.068	2.01	423	0.045
Not Brand New	235	0.29	0.673					
Less Than 1 Year	247	0.18	0.741	-0.130	0.067	-1.95	411.963	0.052
More Than 1 Year	178	0.31	0.628					
New Coaches Only	615	0.25	0.744	-0.004	0.064	-0.06	787	0.951
Repeat Coach	174	0.26	0.774					
No Full Time Coach	558	0.28	0.789	0.128	0.068	1.88	206.767	0.062
Coach Full Time	123	0.16	0.659					
Not From Community	116	0.27	0.657	0.044	0.070	0.63	196.690	0.532

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Coach From Community	520	0.22	0.791					
One Coach in Group	490	0.24	0.723	0.120	0.064	1.85	670	0.064
Three or More Coaches	182	0.12	0.793					
UC Coach is Head Coach	228	0.25	0.776	-0.016	0.063	-0.25	677	0.804
No UC Head Coach	451	0.27	0.769					
Low HSS Contact	81	0.12	0.650	-0.104	0.091	-1.14	192	0.254
High HSS Contact	113	0.23	0.606					
Boys								
Female Coaches Only	139	0.17	0.765	-0.175	0.083	-2.10	306	0.037
Male Coaches Only	169	0.34	0.696					
Male Coaches Only	169	0.34	0.696	-0.077	0.089	-0.86	286	0.392
Mixture of Male and Female Coaches	119	0.42	0.812					
Female Coaches Only	139	0.17	0.765	-0.251	0.098	-2.56	256	0.011
Mixture of Male and Female Coaches	119	0.42	0.812					
Girls								
Female Coaches Only	152	0.19	0.729	-0.112	0.090	-1.24	242	0.215
Male Coaches Only	92	0.30	0.599					
Male Coaches Only	92	0.30	0.599	0.183	0.103	1.77	193.630	0.079
Mixture of Male and Female Coaches	110	0.12	0.865					
Female Coaches Only	152	0.19	0.729	0.071	0.101	0.70	209.797	0.487
Mixture of Male and Female Coaches	110	0.12	0.865					

Table 31. Results Presented in Figure 15 (Positive Identity), Up2Us Coach National Evaluation Report

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Female	392	0.09	0.722	0.060	0.053	1.14	855	0.254
Male	465	0.15	0.809					
Middle School	626	0.05	0.785	-0.266	0.059	-4.54	856	0.000
High School	232	0.32	0.695					
All Other Races	253	0.16	0.679	0.051	0.054	0.95	555.637	0.344
African American	605	0.11	0.805					
All Other Races	733	0.13	0.784	0.013	0.075	0.17	856	0.861
Hispanic	125	0.11	0.686					
All Other Races	822	0.13	0.778	0.032	0.131	0.24	856	0.810
Caucasian	36	0.09	0.576					
In School	540	0.06	0.805	-0.167	0.056	-3.00	571.584	0.003
Afterschool	258	0.23	0.704					
Brand New to Program	202	-0.02	0.817	0.232	0.070	3.31	474	0.001
Not Brand New	274	0.21	0.707					
Less Than 1 Year	271	0.02	0.799	-0.210	0.070	-3.00	474	0.003
More Than 1 Year	205	0.23	0.698					
New Coaches Only	649	0.09	0.768	-0.131	0.061	-2.15	858	0.032
Repeat Coach	211	0.22	0.765					
No Full Time Coach	609	0.13	0.791	0.065	0.071	0.91	752	0.361
Coach Full Time	145	0.06	0.686					
Not From Community	144	0.04	0.621	-0.035	0.062	-0.57	274.714	0.570

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Coach From Community	556	0.07	0.788					
One Coach in Group	467	0.22	0.735	0.210	0.069	3.05	621	0.002
Three or More Coaches	156	0.01	0.767					
UC Coach is Head Coach	250	0.06	0.863	-0.081	0.062	-1.31	731	0.189
No UC Head Coach	483	0.14	0.749					
Low HSS Contact	96	-0.01	0.688	-0.166	0.088	-1.89	220	0.061
High HSS Contact	126	0.16	0.621					
Boys								
Female Coaches Only	140	-0.03	0.780	-0.355	0.085	-4.19	330	0.000
Male Coaches Only	192	0.32	0.750					
Male Coaches Only	192	0.32	0.750	0.216	0.092	2.36	318	0.019
Mixture of Male and Female Coaches	128	0.11	0.877					
Female Coaches Only	140	-0.03	0.780	-0.139	0.101	-1.37	266	0.172
Mixture of Male and Female Coaches	128	0.11	0.877					
Girls								
Female Coaches Only	183	0.12	0.670	-0.072	0.083	-0.87	279	0.386
Male Coaches Only	98	0.19	0.646					
Male Coaches Only	98	0.19	0.646	0.242	0.105	2.31	207	0.022
Mixture of Male and Female Coaches	111	-0.05	0.844					
Female Coaches Only	183	0.12	0.670	0.170	0.089	1.91	292	0.057
Mixture of Male and Female Coaches	111	-0.05	0.844					

Table 32. Results Presented in Figure 16 (Situational Awareness), Up2Us Coach National Evaluation Report

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Female	358	0.09	0.747	0.089	0.055	1.61	821	0.108
Male	465	0.18	0.819					
Middle School	604	0.11	0.798	-0.136	0.062	-2.19	822	0.029
High School	220	0.24	0.755					
All Other Races	238	0.13	0.730	-0.012	0.061	-0.21	822	0.837
African American	586	0.15	0.812					
All Other Races	703	0.15	0.803	0.049	0.078	0.63	822	0.532
Hispanic	121	0.10	0.701					
All Other Races	789	0.14	0.798	-0.086	0.136	-0.63	822	0.531
Caucasian	35	0.23	0.559					
In School	517	0.11	0.824	-0.110	0.058	-1.90	565.235	0.057
Afterschool	253	0.22	0.720					
Brand New to Program	189	0.10	0.767	0.084	0.072	1.17	442	0.241
Not Brand New	255	0.19	0.731					
Less Than 1 Year	249	0.11	0.768	-0.100	0.071	-1.41	442	0.160
More Than 1 Year	195	0.21	0.717					
New Coaches Only	628	0.11	0.758	-0.151	0.069	-2.19	297.089	0.029
Repeat Coach	198	0.26	0.870					
No Full Time Coach	575	0.15	0.816	0.001	0.075	0.02	714	0.986
Coach Full Time	141	0.14	0.732					
Not From Community	129	0.21	0.670	0.113	0.068	1.65	225.890	0.100

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Coach From Community	538	0.09	0.807					
One Coach in Group	514	0.13	0.804	0.066	0.069	0.95	688	0.343
Three or More Coaches	176	0.07	0.758					
UC Coach is Head Coach	228	0.17	0.800	0.037	0.065	0.57	709	0.569
No UC Head Coach	483	0.14	0.807					
Low HSS Contact	82	0.11	0.663	0.028	0.094	0.30	204	0.766
High HSS Contact	124	0.08	0.659					
Boys								
Female Coaches Only	137	0.06	0.860	-0.173	0.091	-1.91	331	0.057
Male Coaches Only	196	0.23	0.785					
Male Coaches Only	196	0.23	0.785	-0.023	0.091	-0.25	320	0.801
Mixture of Male and Female Coaches	126	0.26	0.824					
Female Coaches Only	137	0.06	0.860	-0.196	0.104	-1.89	261	0.060
Mixture of Male and Female Coaches	126	0.26	0.824					
Girls								
Female Coaches Only	162	0.03	0.752	-0.192	0.097	-1.99	251	0.048
Male Coaches Only	91	0.22	0.711					
Male Coaches Only	91	0.22	0.711	0.141	0.106	1.33	194	0.184
Mixture of Male and Female Coaches	105	0.08	0.763					
Female Coaches Only	162	0.03	0.752	-0.051	0.095	-0.53	265	0.593
Mixture of Male and Female Coaches	105	0.08	0.763					

Table 33. Results Presented in Figure 17 (Future Focus and Plan B Thinking), Up2Us Coach National Evaluation Report

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Female	330	0.12	0.681	0.063	0.052	1.22	743	0.224
Male	415	0.19	0.725					
Middle School	541	0.10	0.711	-0.220	0.058	-3.83	743	0.000
High School	204	0.32	0.670					
All Other Races	213	0.22	0.650	0.088	0.057	1.53	743	0.126
African American	532	0.13	0.727					
All Other Races	638	0.15	0.713	-0.074	0.074	-1.00	743	0.316
Hispanic	107	0.22	0.662					
All Other Races	718	0.16	0.713	-0.015	0.139	-0.11	743	0.915
Caucasian	27	0.17	0.501					
In School	472	0.10	0.726	-0.153	0.057	-2.66	693	0.008
Afterschool	223	0.25	0.666					
Brand New to Program	180	0.07	0.660	0.203	0.066	3.08	418	0.002
Not Brand New	240	0.27	0.677					
Less Than 1 Year	241	0.13	0.668	-0.112	0.067	-1.68	418	0.093
More Than 1 Year	179	0.25	0.684					
New Coaches Only	570	0.12	0.688	-0.169	0.061	-2.78	744	0.006
Repeat Coach	176	0.29	0.750					
No Full Time Coach	523	0.15	0.709	-0.021	0.070	-0.30	647	0.763
Coach Full Time	126	0.17	0.688					
Not From Community	121	0.20	0.599	0.109	0.070	1.56	600	0.120

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Coach From Community	481	0.09	0.711					
One Coach in Group	481	0.20	0.725	0.215	0.064	3.36	644	0.001
Three or More Coaches	165	-0.02	0.659					
UC Coach is Head Coach	216	0.21	0.732	0.078	0.060	1.31	633	0.190
No UC Head Coach	419	0.13	0.703					
Low HSS Contact	81	0.13	0.720	-0.066	0.093	-0.71	191	0.477
High HSS Contact	112	0.19	0.565					
Boys								
Female Coaches Only	128	0.18	0.810	-0.077	0.086	-0.90	302	0.369
Male Coaches Only	176	0.26	0.684					
Male Coaches Only	176	0.26	0.684	0.164	0.084	1.95	279	0.052
Mixture of Male and Female Coaches	105	0.09	0.679					
Female Coaches Only	128	0.18	0.810	0.087	0.099	0.88	231	0.382
Mixture of Male and Female Coaches	105	0.09	0.679					
Girls								
Female Coaches Only	155	0.12	0.656	-0.179	0.088	-2.04	239	0.042
Male Coaches Only	86	0.30	0.646					
Male Coaches Only	86	0.30	0.646	0.337	0.104	3.25	173	0.001
Mixture of Male and Female Coaches	89	-0.04	0.722					
Female Coaches Only	155	0.12	0.656	0.158	0.091	1.75	242	0.082
Mixture of Male and Female Coaches	89	-0.04	0.722					

Table 34. Results Presented in Figure 18 (Discipline), Up2Us Coach National Evaluation Report

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Female	300	0.19	0.711	0.025	0.057	0.44	684	0.660
Male	386	0.22	0.765					
Middle School	491	0.14	0.749	-0.240	0.062	-3.87	685	0.000
High School	196	0.38	0.693					
All Other Races	202	0.23	0.722	0.039	0.062	0.62	685	0.534
African American	485	0.19	0.749					
All Other Races	582	0.20	0.747	-0.042	0.079	-0.54	685	0.592
Hispanic	105	0.24	0.712					
All Other Races	661	0.21	0.744	0.094	0.148	0.64	685	0.525
Caucasian	26	0.11	0.673					
In School	428	0.15	0.777	-0.174	0.062	-2.79	638	0.006
Afterschool	212	0.32	0.668					
Brand New to Program	177	0.05	0.751	0.225	0.072	3.12	397	0.002
Not Brand New	222	0.28	0.690					
Less Than 1 Year	232	0.09	0.742	-0.206	0.073	-2.82	397	0.005
More Than 1 Year	167	0.30	0.686					
New Coaches Only	533	0.16	0.728	-0.176	0.067	-2.61	686	0.009
Repeat Coach	155	0.34	0.769					
No Full Time Coach	479	0.20	0.739	0.036	0.075	0.49	597	0.626
Coach Full Time	120	0.17	0.709					
Not From Community	117	0.18	0.681	0.035	0.074	0.47	551	0.635

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Coach From Community	436	0.15	0.723					
One Coach in Group	440	0.26	0.753	0.261	0.071	3.70	593	0.000
Three or More Coaches	155	0.00	0.760					
UC Coach is Head Coach	214	0.18	0.805	-0.053	0.067	-0.79	406.075	0.427
No UC Head Coach	374	0.23	0.724					
Low HSS Contact	75	0.06	0.736	-0.142	0.099	-1.44	182	0.152
High HSS Contact	109	0.21	0.598					
Boys								
Female Coaches Only	125	0.16	0.808	-0.170	0.091	-1.86	282	0.064
Male Coaches Only	159	0.33	0.730					
Male Coaches Only	159	0.33	0.730	0.219	0.096	2.28	254	0.023
Mixture of Male and Female Coaches	97	0.11	0.764					
Female Coaches Only	125	0.16	0.808	0.049	0.107	0.46	220	0.647
Mixture of Male and Female Coaches	97	0.11	0.764					
Girls								
Female Coaches Only	129	0.26	0.646	-0.048	0.097	-0.49	212	0.623
Male Coaches Only	85	0.30	0.761					
Male Coaches Only	85	0.30	0.761	0.328	0.113	2.90	169	0.004
Mixture of Male and Female Coaches	86	-0.02	0.716					
Female Coaches Only	129	0.26	0.646	0.280	0.094	2.98	213	0.003
Mixture of Male and Female Coaches	86	-0.02	0.716					

Table 35. Results Presented in Figure 19 (Social Confidence), Up2Us Coach National Evaluation Report

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Female	373	0.24	0.805	0.022	0.057	0.38	781	0.707
Male	410	0.26	0.799					
Middle School	562	0.21	0.804	-0.142	0.063	-2.24	782	0.026
High School	222	0.35	0.786					
All Other Races	246	0.24	0.829	-0.010	0.062	-0.16	782	0.877
African American	538	0.25	0.788					
All Other Races	664	0.26	0.806	0.046	0.079	0.58	782	0.559
Hispanic	120	0.21	0.774					
All Other Races	748	0.26	0.803	0.190	0.137	1.39	782	0.163
Caucasian	36	0.07	0.730					
In School	483	0.23	0.823	-0.039	0.063	-0.62	726	0.532
Afterschool	245	0.27	0.754					
Brand New to Program	191	0.10	0.784	0.225	0.074	3.04	447	0.002
Not Brand New	258	0.32	0.765					
Less Than 1 Year	256	0.18	0.826	-0.119	0.074	-1.60	447	0.110
More Than 1 Year	193	0.30	0.710					
New Coaches Only	609	0.25	0.793	0.001	0.068	0.01	785	0.991
Repeat Coach	178	0.25	0.823					
No Full Time Coach	535	0.28	0.805	0.121	0.075	1.61	676	0.108
Coach Full Time	143	0.16	0.783					
Not From Community	131	0.16	0.724	-0.099	0.078	-1.27	628	0.205

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Coach From Community	499	0.26	0.808					
One Coach in Group	515	0.26	0.800	0.103	0.071	1.45	681	0.148
Three or More Coaches	168	0.15	0.809					
UC Coach is Head Coach	237	0.24	0.822	-0.010	0.066	-0.16	659	0.877
No UC Head Coach	424	0.25	0.802					
Low HSS Contact	90	0.19	0.763	-0.031	0.105	-0.29	213	0.770
High HSS Contact	125	0.22	0.753					
Boys								
Female Coaches Only	129	0.24	0.866	-0.041	0.092	-0.44	299	0.657
Male Coaches Only	172	0.28	0.734					
Male Coaches Only	172	0.28	0.734	-0.007	0.096	-0.07	273	0.943
Mixture of Male and Female Coaches	103	0.28	0.829					
Female Coaches Only	129	0.24	0.866	-0.048	0.112	-0.43	230	0.670
Mixture of Male and Female Coaches	103	0.28	0.829					
Girls								
Female Coaches Only	176	0.28	0.794	0.031	0.100	0.31	278	0.758
Male Coaches Only	104	0.25	0.827					
Male Coaches Only	104	0.25	0.827	0.126	0.116	1.09	195	0.278
Mixture of Male and Female Coaches	93	0.13	0.799					
Female Coaches Only	176	0.28	0.794	0.157	0.102	1.54	267	0.125
Mixture of Male and Female Coaches	93	0.13	0.799					

Table 36. Results Presented in Figure 20 (Pro-Social Connections), Up2Us Coach National Evaluation Report

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Female	311	0.13	0.811	0.020	0.060	0.34	743	0.733
Male	434	0.15	0.794					
Middle School	557	0.06	0.822	-0.292	0.067	-4.38	743	0.000
High School	188	0.36	0.689					
All Other Races	193	0.25	0.693	0.147	0.061	2.40	398.640	0.017
African American	552	0.10	0.832					
All Other Races	641	0.13	0.813	-0.057	0.085	-0.67	743	0.502
Hispanic	104	0.19	0.720					
All Other Races	722	0.13	0.809	-0.164	0.099	-1.65	26.670	0.111
Caucasian	23	0.30	0.454					
In School	492	0.06	0.849	-0.229	0.061	-3.78	492.742	0.000
Afterschool	213	0.29	0.686					
Brand New to Program	172	-0.03	0.800	0.293	0.076	3.88	391	0.000
Not Brand New	221	0.26	0.695					
Less Than 1 Year	230	0.02	0.778	-0.286	0.076	-3.75	391	0.000
More Than 1 Year	163	0.30	0.693					
New Coaches Only	575	0.10	0.793	-0.185	0.069	-2.67	745	0.008
Repeat Coach	172	0.28	0.809					
No Full Time Coach	528	0.11	0.826	-0.109	0.068	-1.60	219.727	0.112
Coach Full Time	120	0.22	0.638					
Not From Community	112	0.19	0.657	0.119	0.072	1.65	199.293	0.100

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Coach From Community	485	0.07	0.820					
One Coach in Group	464	0.16	0.793	0.270	0.071	3.80	635	0.000
Three or More Coaches	173	-0.11	0.808					
UC Coach is Head Coach	216	0.07	0.836	-0.077	0.069	-1.12	647	0.264
No UC Head Coach	433	0.15	0.820					
Low HSS Contact	84	0.11	0.688	-0.118	0.096	-1.23	175	0.220
High HSS Contact	93	0.23	0.585					
Boys								
Female Coaches Only	127	0.04	0.778	-0.226	0.088	-2.57	303	0.011
Male Coaches Only	178	0.26	0.739					
Male Coaches Only	178	0.26	0.739	0.173	0.093	1.86	301	0.064
Mixture of Male and Female Coaches	125	0.09	0.877					
Female Coaches Only	127	0.04	0.778	-0.053	0.104	-0.50	250	0.615
Mixture of Male and Female Coaches	125	0.09	0.877					
Girls								
Female Coaches Only	125	0.15	0.791	-0.129	0.113	-1.14	206	0.255
Male Coaches Only	83	0.28	0.809					
Male Coaches Only	83	0.28	0.809	0.308	0.120	2.57	184	0.011
Mixture of Male and Female Coaches	103	-0.03	0.816					
Female Coaches Only	125	0.15	0.791	0.179	0.107	1.68	226	0.095
Mixture of Male and Female Coaches	103	-0.03	0.816					

Table 37. Results Presented in Figure 21 (Well-Being), Up2Us Coach National Evaluation Report

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Female	318	0.22	0.785	0.048	0.060	0.80	727	0.422
Male	411	0.27	0.812					
Middle School	537	0.20	0.809	-0.214	0.067	-3.21	728	0.001
High School	193	0.41	0.753					
All Other Races	200	0.27	0.800	0.027	0.066	0.41	728	0.683
African American	530	0.24	0.801					
All Other Races	625	0.25	0.802	-0.009	0.084	-0.11	728	0.913
Hispanic	105	0.26	0.792					
All Other Races	704	0.25	0.803	0.080	0.160	0.50	728	0.618
Caucasian	26	0.18	0.719					
In School	475	0.20	0.827	-0.115	0.067	-1.71	681	0.087
Afterschool	208	0.32	0.751					
Brand New to Program	164	0.14	0.863	0.194	0.084	2.31	321.547	0.021
Not Brand New	220	0.33	0.747					
Less Than 1 Year	220	0.18	0.848	-0.155	0.081	-1.91	373.639	0.056
More Than 1 Year	164	0.34	0.733					
New Coaches Only	562	0.24	0.779	-0.060	0.070	-0.86	730	0.388
Repeat Coach	170	0.30	0.863					
No Full Time Coach	529	0.26	0.830	-0.012	0.086	-0.14	638	0.888
Coach Full Time	111	0.27	0.772					
Not From Community	112	0.31	0.724	0.079	0.085	0.92	588	0.357

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Coach From Community	478	0.23	0.833					
One Coach in Group	469	0.24	0.783	0.087	0.077	1.13	253.746	0.262
Three or More Coaches	160	0.15	0.864					
UC Coach is Head Coach	210	0.20	0.870	-0.060	0.071	-0.85	380.967	0.398
No UC Head Coach	418	0.26	0.781					
Low HSS Contact	75	0.23	0.764	-0.095	0.111	-0.86	170	0.392
High HSS Contact	97	0.32	0.689					
Boys								
Female Coaches Only	121	0.16	0.842	-0.134	0.094	-1.42	292	0.158
Male Coaches Only	173	0.30	0.765					
Male Coaches Only	173	0.30	0.765	-0.069	0.097	-0.71	283	0.477
Mixture of Male and Female Coaches	112	0.37	0.855					
Female Coaches Only	121	0.16	0.842	-0.203	0.111	-1.83	231	0.069
Mixture of Male and Female Coaches	112	0.37	0.855					
Girls								
Female Coaches Only	136	0.25	0.760	-0.059	0.101	-0.59	219	0.559
Male Coaches Only	85	0.31	0.671					
Male Coaches Only	85	0.31	0.671	0.191	0.117	1.63	175.584	0.104
Mixture of Male and Female Coaches	97	0.12	0.901					
Female Coaches Only	136	0.25	0.760	0.132	0.112	1.18	184.423	0.241
Mixture of Male and Female Coaches	97	0.12	0.901					

Table 38. Results Presented in Figure 22, Up2Us Coach National Evaluation Report

			N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Self-Awareness	Girls	Up2Us Coach	99	0.08	0.738	-0.101	0.099	-1.02	224	0.308
		Comparison Group	127	0.18	0.734					
	Boys	Up2Us Coach	131	0.23	0.764	0.136	0.083	1.65	245.379	0.100
		Comparison Group	152	0.09	0.600					
Positive Identity	Girls	Up2Us Coach	111	0.08	0.754	-0.159	0.097	-1.64	233	0.101
		Comparison Group	124	0.24	0.730					
	Boys	Up2Us Coach	140	0.29	0.782	0.159	0.088	1.81	282	0.072
		Comparison Group	144	0.13	0.700					
Situational Awareness	Girls	Up2Us Coach	93	-0.01	0.708	-0.201	0.104	-1.93	216	0.055
		Comparison Group	125	0.19	0.794					
	Boys	Up2Us Coach	140	0.25	0.784	0.089	0.090	0.99	291	0.325
		Comparison Group	153	0.17	0.756					
Future Focus and Plan B Thinking	Girls	Up2Us Coach	84	0.00	0.713	-0.215	0.091	-2.36	196	0.019
		Comparison Group	114	0.22	0.565					
	Boys	Up2Us Coach	121	0.16	0.750	0.032	0.087	0.37	269	0.712
		Comparison Group	150	0.12	0.684					
Discipline	Girls	Up2Us Coach	86	0.08	0.820	-0.128	0.107	-1.20	185	0.231

			N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
		Comparison Group	101	0.21	0.635					
	Boys	Up2Us Coach	115	0.15	0.804	0.002	0.096	0.02	248	0.987
		Comparison Group	135	0.15	0.720					
Social Confidence	Girls	Up2Us Coach	105	0.11	0.864	-0.056	0.109	-0.51	237	0.609
		Comparison Group	134	0.17	0.812					
	Boys	Up2Us Coach	124	0.20	0.807	0.056	0.099	0.57	267	0.570
		Comparison Group	145	0.14	0.816					
Pro-Social Connections	Girls	Up2Us Coach	90	0.15	0.826	0.019	0.104	0.18	204	0.857
		Comparison Group	116	0.13	0.666					
	Boys	Up2Us Coach	129	0.21	0.778	0.001	0.089	0.01	277	0.989
		Comparison Group	150	0.21	0.708					
Well-Being	Girls	Up2Us Coach	90	0.26	0.753	0.079	0.104	0.76	202	0.447
		Comparison Group	114	0.18	0.722					
	Boys	Up2Us Coach	124	0.28	0.730	0.142	0.090	1.57	259	0.117
		Comparison Group	137	0.14	0.730					

Table 39. Results Presented in Figure 23, Up2Us Coach National Evaluation Report

			N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Self-Awareness	High School	Up2Us Coach	63	0.43	0.561	0.291	0.106	2.73	151	0.007
		Comparison Group	90	0.14	0.702					
	Middle School	Up2Us Coach	168	0.06	0.793	-0.063	0.078	-0.80	324.552	0.422
		Comparison Group	183	0.13	0.654					
Positive Identity	High School	Up2Us Coach	65	0.42	0.630	0.263	0.098	2.69	146	0.008
		Comparison Group	83	0.15	0.559					
	Middle School	Up2Us Coach	187	0.12	0.806	-0.074	0.082	-0.90	365	0.368
		Comparison Group	180	0.20	0.762					
Situational Awareness	High School	Up2Us Coach	62	0.17	0.733	-0.001	0.120	0.00	154	0.996
		Comparison Group	94	0.17	0.737					
	Middle School	Up2Us Coach	172	0.14	0.776	-0.046	0.083	-0.56	350	0.577
		Comparison Group	180	0.18	0.781					
Future Focus and Plan B Thinking	High School	Up2Us Coach	53	0.29	0.681	0.134	0.114	1.17	139	0.244
		Comparison Group	88	0.15	0.641					
	Middle School	Up2Us Coach	152	0.03	0.746	-0.141	0.076	-1.85	321	0.065

			N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
		Comparison Group	171	0.17	0.620					
Discipline	High School	Up2Us Coach	61	0.27	0.727	0.046	0.122	0.38	137	0.707
		Comparison Group	78	0.23	0.702					
	Middle School	Up2Us Coach	141	0.06	0.834	-0.096	0.088	-1.09	294	0.277
		Comparison Group	155	0.15	0.676					
Social Confidence	High School	Up2Us Coach	65	0.25	0.774	0.012	0.121	0.10	157	0.924
		Comparison Group	94	0.24	0.737					
	Middle School	Up2Us Coach	165	0.13	0.852	0.008	0.092	0.08	342	0.933
		Comparison Group	179	0.12	0.854					
Pro-Social Connections	High School	Up2Us Coach	56	0.41	0.740	0.181	0.123	1.47	143	0.144
		Comparison Group	89	0.23	0.713					
	Middle School	Up2Us Coach	163	0.11	0.803	-0.037	0.082	-0.45	318.365	0.656
		Comparison Group	170	0.14	0.685					
Well-Being	High School	Up2Us Coach	55	0.46	0.645	0.413	0.114	3.63	137	0.000
		Comparison Group	84	0.05	0.663					

			N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
	Middle School	Up2Us Coach	160	0.21	0.757	0.000	0.084	0.00	319	0.997
		Comparison Group	161	0.21	0.753					

Table 40. Results Presented in Figure 24, Up2Us Coach National Evaluation Report

			N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Self-Awareness	In School	Up2Us Coach	153	0.14	0.817	0.030	0.078	0.39	382	0.697
		Comparison Group	231	0.11	0.693					
	Afterschool	Up2Us Coach	66	0.21	0.640	-0.003	0.111	-0.03	112	0.976
		Comparison Group	48	0.21	0.502					
Positive Identity	In School	Up2Us Coach	167	0.16	0.804	-0.033	0.079	-0.42	387	0.672
		Comparison Group	222	0.19	0.737					
	Afterschool	Up2Us Coach	73	0.28	0.703	0.140	0.125	1.12	117	0.265
		Comparison Group	46	0.14	0.602					
Situational Awareness	In School	Up2Us Coach	149	0.15	0.836	-0.040	0.083	-0.49	384	0.626
		Comparison Group	237	0.19	0.765					

			N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
	Afterschool	Up2Us Coach	75	0.18	0.625	0.076	0.136	0.56	114	0.578
		Comparison Group	41	0.10	0.817					
Future Focus and Plan B Thinking	In School	Up2Us Coach	134	0.05	0.740	-0.095	0.074	-1.29	354	0.196
		Comparison Group	222	0.14	0.630					
	Afterschool	Up2Us Coach	60	0.20	0.733	-0.075	0.142	-0.53	100	0.599
		Comparison Group	42	0.27	0.666					
Discipline	In School	Up2Us Coach	126	0.10	0.848	-0.100	0.088	-1.14	318	0.257
		Comparison Group	194	0.20	0.710					
	Afterschool	Up2Us Coach	64	0.20	0.740	0.125	0.133	0.94	104	0.348
		Comparison Group	42	0.08	0.545					
Social Confidence	In School	Up2Us Coach	143	0.17	0.890	0.053	0.091	0.58	373	0.560
		Comparison Group	232	0.11	0.834					
	Afterschool	Up2Us Coach	73	0.12	0.717	-0.252	0.131	-1.93	118	0.056
		Comparison Group	47	0.37	0.668					
	In School	Up2Us Coach	147	0.16	0.818	-0.016	0.080	-0.20	366	0.842

			N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Pro-Social Connections		Comparison Group	221	0.17	0.709					
	Afterschool	Up2Us Coach	64	0.27	0.770	0.096	0.131	0.73	105.939	0.467
		Comparison Group	45	0.17	0.597					
Well-Being	In School	Up2Us Coach	144	0.26	0.749	0.105	0.082	1.28	346	0.202
		Comparison Group	204	0.15	0.759					
	Afterschool	Up2Us Coach	60	0.24	0.718	0.056	0.124	0.45	105.000	0.653
		Comparison Group	47	0.19	0.560					

Table 41. Results Presented in Figure 25, Up2Us Coach National Evaluation Report

Positive Identity					
			Improvement (or No Change) from Baseline to Endline		Total
			No	Yes	
Quartile Group	Q1	Count	33	203	236
		Percent	14.0%	86.0%	100.0%
	Q2	Count	43	73	116

	Q3	Percent	37.1%	62.9%	100.0%
		Count	113	180	293
	Q4	Percent	38.6%	61.4%	100.0%
		Count	110	114	224
	Total	Percent	49.1%	50.9%	100.0%
		Count	299	570	869
Note: Measure of Association (Pearson Chi-Square) = 67.678, 3 df, p < .001; Effect size (Cramer's V) = 0.279, p < .001.					
Discipline					
			Improvement (or No Change) from Baseline to Endline		Total
			No	Yes	
Quartile Group	Q1	Count	38	191	229
		Percent	16.6%	83.4%	100.0%
	Q2	Count	80	146	226
		Percent	35.4%	64.6%	100.0%
	Q3	Count	100	88	188
		Percent	53.2%	46.8%	100.0%
	Q4	Count	142	84	226

		Percent	62.8%	37.2%	100.0%
Total		Count	360	509	869
		Percent	41.4%	58.6%	100.0%
Note: Measure of Association (Pearson Chi-Square) = 114.981, 3 df, p < .001; Effect size (Cramer's V) = 0.364, p < .001.					
Social Confidence					
			Improvement (or No Change) from Baseline to Endline		Total
			No	Yes	
Quartile Group	Q1	Count	35	189	224
		Percent	15.6%	84.4%	100.0%
	Q2	Count	65	138	203
		Percent	32.0%	68.0%	100.0%
	Q3	Count	111	97	208
		Percent	53.4%	46.6%	100.0%
	Q4	Count	145	80	225
		Percent	64.4%	35.6%	100.0%
Total		Count	356	504	860
		Percent	41.4%	58.6%	100.0%

Note: Measure of Association (Pearson Chi-Square) = 130.234, 3 df, $p < .001$; Effect size (Cramer's V) = 0.389, $p < .001$.					
Pro-Social Connections					
		Improvement (or No Change) from Baseline to Endline			Total
		No	Yes		
Quartile Group	Q1	Count	42	161	203
		Percent	20.7%	79.3%	100.0%
	Q2	Count	70	139	209
		Percent	33.5%	66.5%	100.0%
	Q3	Count	98	95	193
		Percent	50.8%	49.2%	100.0%
	Q4	Count	135	94	229
		Percent	59.0%	41.0%	100.0%
Total		Count	345	489	834
		Percent	41.4%	58.6%	100.0%
Note: Measure of Association (Pearson Chi-Square) = 77.369, 3 df, $p < .001$; Effect size (Cramer's V) = 0.305, $p < .001$.					
Well-Being					

			Improvement (or No Change) from Baseline to Endline		Total
			No	Yes	
Quartile Group	Q1	Count	42	151	193
		Percent	21.8%	78.2%	100.0%
	Q2	Count	60	151	211
		Percent	28.4%	71.6%	100.0%
	Q3	Count	116	118	234
		Percent	49.6%	50.4%	100.0%
	Q4	Count	129	66	195
		Percent	66.2%	33.8%	100.0%
Total		Count	347	486	833
		Percent	41.7%	58.3%	100.0%
Note: Measure of Association (Pearson Chi-Square) = 100.789, 3 df, p < .001; Effect size (Cramer's V) = 0.348, p < .001.					

Table 42. Results Presented in Figure 26, Up2Us Coach National Evaluation Report

		Mean	N	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Positive Identity	Baseline	4.14	645	0.648	0.171	0.031	5.44	644	0.000
	Endline	4.32	645	0.655					
Discipline	Baseline	3.73	652	0.664	0.161	0.035	4.64	651	0.000
	Endline	3.89	652	0.752					
Social Confidence	Baseline	3.72	635	0.713	0.245	0.035	6.97	634	0.000
	Endline	3.97	635	0.754					
Pro-Social Connections	Baseline	3.98	605	0.679	0.176	0.035	5.09	604	0.000
	Endline	4.15	605	0.725					
Well-Being	Baseline	3.76	638	0.688	0.196	0.035	5.54	637	0.000
	Endline	3.95	638	0.772					

Table 43. Results Presented in Figure 27, Up2Us Coach National Evaluation Report

		N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Positive Identity	Up2Us Coach	257	0.16	0.766	-0.075	0.063	-1.19	525	0.233
	Comparison Group	270	0.23	0.677					
Discipline	Up2Us Coach	264	0.17	0.869	0.075	0.075	1.01	546	0.313

		N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
	Comparison Group	284	0.09	0.875					
Social Confidence	Up2Us Coach	254	0.31	0.860	0.081	0.077	1.06	550	0.289
	Comparison Group	298	0.23	0.929					
Pro-Social Connections	Up2Us Coach	244	0.25	0.859	0.038	0.075	0.51	528	0.609
	Comparison Group	286	0.22	0.851					
Well-Being	Up2Us Coach	269	0.18	0.834	0.018	0.068	0.27	573	0.791
	Comparison Group	306	0.16	0.788					

Table 44. Results Presented in Figure 28, Up2Us Coach National Evaluation Report

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Female	300	0.15	0.726	0.036	0.063	0.56	640	0.574
Male	342	0.19	0.858					
All Other Races	176	0.11	0.744	-0.085	0.071	-1.21	639	0.228
African American	465	0.20	0.818					
All Other Races	556	0.18	0.815	0.065	0.093	0.69	639	0.488
Hispanic	85	0.12	0.687					
All Other Races	581	0.17	0.813	-0.002	0.108	-0.02	639	0.985

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Caucasian	60	0.17	0.657					
In School	412	0.20	0.813	0.117	0.077	1.52	572	0.129
Afterschool	162	0.08	0.864					
Brand New to Program	189	0.11	0.842	0.013	0.097	0.13	307	0.896
Not Brand New	120	0.12	0.805					
Less Than 1 Year	256	0.12	0.813	0.052	0.125	0.42	307	0.678
More Than 1 Year	53	0.07	0.896					
New Coaches Only	530	0.17	0.792	0.002	0.085	0.03	635	0.979
Repeat Coach	107	0.17	0.865					
No Full Time Coach	518	0.18	0.821	0.196	0.178	1.10	538	0.271
Coach Full Time	22	-0.02	0.706					
Not From Community	163	0.11	0.925	-0.018	0.091	-0.20	307.489	0.841
Coach From Community	177	0.13	0.728					
One Coach in Group	435	0.13	0.790	-0.131	0.073	-1.80	599	0.073
Three or More Coaches	166	0.26	0.818					
UC Coach is Head Coach	143	0.11	0.841	-0.056	0.083	-0.67	413	0.501
No UC Head Coach	272	0.16	0.787					
Low HSS Contact	17	0.37	0.969	0.395	0.235	1.68	126	0.096
High HSS Contact	111	-0.03	0.894					
Female Coaches Only	236	0.12	0.864	-0.019	0.074	-0.26	440.674	0.797
Male Coaches Only	211	0.14	0.699					

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Male Coaches Only	211	0.14	0.699	-0.135	0.076	-1.78	403	0.075
Mixture of Male and Female Coaches	194	0.27	0.822					
Female Coaches Only	236	0.12	0.864	-0.154	0.082	-1.88	428	0.061
Mixture of Male and Female Coaches	194	0.27	0.822					

Table 45. Results Presented in Figure 29 (Discipline), Up2Us Coach National Evaluation Report

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Female	293	0.13	0.839	0.054	0.070	0.78	646	0.437
Male	355	0.19	0.924					
All Other Races	168	0.15	0.741	-0.017	0.071	-0.24	365.236	0.811
African American	479	0.17	0.934					
All Other Races	566	0.16	0.904	-0.060	0.105	-0.57	645	0.569
Hispanic	81	0.22	0.765					
All Other Races	591	0.16	0.909	0.005	0.090	0.05	79.883	0.959
Caucasian	56	0.16	0.614					
In School	423	0.14	0.923	-0.095	0.084	-1.13	584	0.258
Afterschool	163	0.24	0.860					
Brand New to Program	182	0.10	0.967	0.171	0.095	1.81	304.476	0.072
Not Brand New	125	0.27	0.691					

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Less Than 1 Year	250	0.16	0.891	-0.075	0.128	-0.59	305	0.556
More Than 1 Year	57	0.23	0.761					
New Coaches Only	536	0.18	0.875	0.094	0.093	1.01	644	0.315
Repeat Coach	110	0.08	0.960					
No Full Time Coach	522	0.16	0.885	-0.002	0.185	-0.01	544	0.992
Coach Full Time	24	0.16	0.904					
Not From Community	164	0.25	0.954	0.090	0.095	0.95	314.875	0.343
Coach From Community	173	0.16	0.779					
One Coach in Group	429	0.19	0.866	0.112	0.080	1.39	596	0.165
Three or More Coaches	169	0.08	0.935					
UC Coach is Head Coach	143	0.16	0.834	-0.039	0.090	-0.43	421	0.670
No UC Head Coach	280	0.20	0.898					
Low HSS Contact	15	0.44	0.799	0.368	0.245	1.50	131	0.135
High HSS Contact	118	0.08	0.903					
Female Coaches Only	230	0.17	0.905	-0.019	0.083	-0.23	445	0.817
Male Coaches Only	217	0.19	0.854					
Male Coaches Only	217	0.19	0.854	0.062	0.086	0.72	417	0.475
Mixture of Male and Female Coaches	202	0.13	0.907					
Female Coaches Only	230	0.17	0.905	0.042	0.087	0.48	430	0.629
Mixture of Male and Female Coaches	202	0.13	0.907					

Table 46. Results Presented in Figure 30 (Social Confidence), Up2Us Coach National Evaluation Report

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Female	286	0.19	0.892	0.107	0.071	1.51	630	0.132
Male	346	0.29	0.885					
All Other Races	163	0.21	0.813	-0.048	0.081	-0.59	630	0.553
African American	469	0.26	0.914					
All Other Races	550	0.26	0.900	0.121	0.105	1.15	630	0.252
Hispanic	82	0.14	0.809					
All Other Races	580	0.24	0.901	-0.104	0.129	-0.81	630	0.419
Caucasian	52	0.34	0.745					
In School	417	0.24	0.936	0.013	0.085	0.15	570	0.878
Afterschool	155	0.22	0.789					
Brand New to Program	185	0.24	0.955	-0.012	0.097	-0.13	287.168	0.898
Not Brand New	114	0.23	0.707					
Less Than 1 Year	244	0.22	0.886	-0.067	0.130	-0.51	297	0.608
More Than 1 Year	55	0.29	0.787					
New Coaches Only	525	0.25	0.870	0.038	0.096	0.40	627	0.690
Repeat Coach	104	0.21	0.994					
No Full Time Coach	502	0.26	0.913	0.243	0.193	1.25	523	0.210
Coach Full Time	23	0.02	0.736					
Not From Community	159	0.23	0.946	-0.067	0.096	-0.70	336	0.482
Coach From Community	179	0.29	0.813					

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
One Coach in Group	427	0.25	0.887	0.039	0.084	0.47	587	0.641
Three or More Coaches	162	0.21	0.951					
UC Coach is Head Coach	130	0.22	0.764	-0.058	0.093	-0.62	419	0.535
No UC Head Coach	291	0.28	0.926					
Low HSS Contact	13	0.40	0.551	0.227	0.257	0.88	133	0.380
High HSS Contact	122	0.17	0.908					
Female Coaches Only	222	0.24	0.913	-0.009	0.084	-0.10	437	0.918
Male Coaches Only	217	0.25	0.848					
Male Coaches Only	217	0.25	0.848	0.004	0.087	0.04	408	0.967
Mixture of Male and Female Coaches	193	0.25	0.909					
Female Coaches Only	222	0.24	0.913	-0.005	0.090	-0.06	413	0.955
Mixture of Male and Female Coaches	193	0.25	0.909					

Table 47. Results Presented in Figure 31 (Pro-Social Connections), Up2Us Coach National Evaluation Report

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Female	258	0.16	0.772	0.022	0.070	0.31	600	0.754
Male	344	0.19	0.906					
All Other Races	152	0.09	0.723	-0.113	0.072	-1.56	317.028	0.119
African American	450	0.20	0.889					
All Other Races	526	0.20	0.881	0.166	0.078	2.13	129.369	0.035

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Hispanic	76	0.03	0.589					
All Other Races	550	0.16	0.865	-0.150	0.123	-1.21	600	0.225
Caucasian	52	0.31	0.677					
In School	386	0.22	0.917	0.147	0.076	1.93	344.179	0.054
Afterschool	155	0.08	0.751					
Brand New to Program	176	0.09	0.880	0.051	0.092	0.55	278.711	0.581
Not Brand New	113	0.14	0.670					
Less Than 1 Year	230	0.12	0.830	0.039	0.117	0.33	287	0.740
More Than 1 Year	59	0.08	0.700					
New Coaches Only	497	0.19	0.831	0.063	0.093	0.67	596	0.502
Repeat Coach	101	0.12	0.958					
No Full Time Coach	483	0.20	0.853	0.328	0.181	1.82	504	0.070
Coach Full Time	23	-0.13	0.671					
Not From Community	153	0.11	0.866	-0.079	0.091	-0.86	327	0.390
Coach From Community	176	0.19	0.792					
One Coach in Group	412	0.13	0.812	-0.145	0.079	-1.84	568	0.066
Three or More Coaches	158	0.27	0.917					
UC Coach is Head Coach	131	0.06	0.782	-0.157	0.093	-1.69	389	0.092
No UC Head Coach	260	0.21	0.908					
Low HSS Contact	14	0.26	0.585	0.244	0.236	1.03	130	0.305
High HSS Contact	118	0.02	0.860					

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Female Coaches Only	219	0.11	0.850	-0.012	0.080	-0.14	412	0.885
Male Coaches Only	195	0.12	0.778					
Male Coaches Only	195	0.12	0.778	-0.181	0.087	-2.08	365.230	0.038
Mixture of Male and Female Coaches	187	0.30	0.914					
Female Coaches Only	219	0.11	0.850	-0.193	0.088	-2.20	404	0.028
Mixture of Male and Female Coaches	187	0.30	0.914					

Table 48. Results Presented in Figure 32 (Well-Being), Up2Us Coach National Evaluation Report

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Female	281	0.09	0.847	0.199	0.071	2.81	633	0.005
Male	354	0.29	0.919					
All Other Races	160	0.23	0.771	0.039	0.082	0.48	633	0.635
African American	475	0.19	0.930					
All Other Races	557	0.20	0.910	0.001	0.108	0.01	633	0.994
Hispanic	78	0.20	0.760					
All Other Races	575	0.18	0.907	-0.167	0.121	-1.38	633	0.167
Caucasian	60	0.35	0.724					
In School	416	0.21	0.961	0.071	0.075	0.94	377.648	0.346
Afterschool	163	0.14	0.748					
Brand New to Program	189	0.24	0.877	-0.046	0.092	-0.49	281.851	0.621

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Not Brand New	118	0.20	0.725					
Less Than 1 Year	251	0.22	0.821	-0.016	0.122	-0.14	305	0.892
More Than 1 Year	56	0.24	0.828					
New Coaches Only	528	0.20	0.885	0.029	0.096	0.31	630	0.759
Repeat Coach	104	0.17	0.950					
No Full Time Coach	508	0.21	0.878	-0.062	0.180	-0.34	531	0.732
Coach Full Time	25	0.27	0.858					
Not From Community	165	0.29	0.905	0.021	0.091	0.23	324.069	0.817
Coach From Community	182	0.26	0.772					
One Coach in Group	439	0.19	0.871	0.028	0.082	0.35	596	0.729
Three or More Coaches	159	0.16	0.923			0.35		
UC Coach is Head Coach	141	0.07	0.806	-0.197	0.093	-2.11	423	0.035
No UC Head Coach	284	0.27	0.953					
Low HSS Contact	16	0.13	0.806	-0.062	0.240	-0.26	137	0.796
High HSS Contact	123	0.20	0.916					
Female Coaches Only	235	0.24	0.869	0.115	0.083	1.38	442	0.167
Male Coaches Only	209	0.12	0.883					
Male Coaches Only	209	0.12	0.883	-0.093	0.091	-1.03	399	0.304
Mixture of Male and Female Coaches	192	0.22	0.932					
Female Coaches Only	235	0.24	0.869	0.022	0.087	0.25	425	0.802
Mixture of Male and Female Coaches	192	0.22	0.932					

Table 49. Results Presented in Figure 33, Up2Us Coach National Evaluation Report

			N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Positive Identity	Girls	Up2Us Coach	126	0.15	0.649	-0.084	0.080	-1.05	278	0.296
		Comparison Group	154	0.24	0.680					
	Boys	Up2Us Coach	130	0.16	0.867	-0.072	0.100	-0.72	244	0.473
		Comparison Group	116	0.23	0.677					
Discipline	Girls	Up2Us Coach	126	0.15	0.794	-0.038	0.100	-0.38	279	0.702
		Comparison Group	155	0.19	0.868					
	Boys	Up2Us Coach	136	0.19	0.939	0.211	0.111	1.90	263	0.059
		Comparison Group	129	-0.02	0.872					
Social Confidence	Girls	Up2Us Coach	120	0.33	0.823	0.104	0.103	1.01	282	0.312
		Comparison Group	164	0.23	0.879					
	Boys	Up2Us Coach	132	0.28	0.900	0.062	0.116	0.53	264	0.593
		Comparison Group	134	0.22	0.990					
Pro-Social Connections	Girls	Up2Us Coach	111	0.21	0.732	-0.070	0.094	-0.75	267	0.456
		Comparison Group	158	0.28	0.780					
	Boys	Up2Us Coach	132	0.29	0.957	0.157	0.117	1.34	258	0.181

			N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
		Comparison Group	128	0.14	0.928					
Well-Being	Girls	Up2Us Coach	130	0.06	0.739	-0.057	0.090	-0.64	300	0.525
		Comparison Group	172	0.11	0.799					
	Boys	Up2Us Coach	137	0.31	0.905	0.073	0.102	0.71	269	0.476
		Comparison Group	134	0.23	0.771					

Table 50. Results Presented in Figure 34, Up2Us Coach National Evaluation Report

			N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Positive Identity	In School	Up2Us Coach	197	0.18	0.773	-0.030	0.070	-0.43	420	0.666
		Comparison Group	225	0.21	0.669					
	Afterschool	Up2Us Coach	50	0.07	0.809	-0.268	0.158	-1.70	93	0.092
		Comparison Group	45	0.33	0.717					
Discipline	In School	Up2Us Coach	205	0.15	0.914	0.062	0.086	0.72	432	0.473
		Comparison Group	229	0.09	0.882					
	Afterschool	Up2Us Coach	50	0.30	0.724	0.173	0.155	1.12	103	0.267

			N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
		Comparison Group	55	0.13	0.850					
Social Confidence	In School	Up2Us Coach	199	0.29	0.903	0.053	0.088	0.60	442	0.548
		Comparison Group	245	0.24	0.936					
	Afterschool	Up2Us Coach	47	0.39	0.709	0.216	0.164	1.32	98	0.191
		Comparison Group	53	0.17	0.902					
Pro-Social Connections	In School	Up2Us Coach	191	0.26	0.933	0.055	0.086	0.64	422	0.522
		Comparison Group	233	0.20	0.844					
	Afterschool	Up2Us Coach	43	0.22	0.518	-0.050	0.145	-0.35	86.075	0.730
		Comparison Group	53	0.27	0.887					
Well-Being	In School	Up2Us Coach	213	0.18	0.867	0.050	0.076	0.66	463	0.510
		Comparison Group	252	0.13	0.780					
	Afterschool	Up2Us Coach	48	0.19	0.722	-0.126	0.153	-0.82	100	0.413
		Comparison Group	54	0.32	0.814					

Table 51. Results Presented in Figure 35, Up2Us Coach National Evaluation Report

		Mean	N	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Core Sample	Baseline	8.18	758	2.309	0.670	0.109	6.15	757	0.000
	Endline	8.85	758	2.723					
Elementary Sample	Baseline	7.35	511	1.702	0.472	0.093	5.05	510	0.000
	Endline	7.82	511	1.767					

Table 52. Results Presented in Figure 36 (Nutritional Habits), Up2Us Coach National Evaluation Report

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Female	340	0.70	3.025	-0.045	0.220	-0.20	752	0.839
Male	414	0.65	2.997					
Middle School	559	0.61	3.046	-0.241	0.250	-0.96	752	0.335
High School	195	0.85	2.896					
All Other Races	194	0.54	2.942	-0.177	0.251	-0.70	752	0.481
African American	560	0.72	3.032					
All Other Races	643	0.75	3.002	0.524	0.309	1.70	752	0.090
Hispanic	111	0.23	3.017					

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
All Other Races	733	0.65	3.030	-0.729	0.666	-1.10	752	0.274
Caucasian	21	1.38	2.037					
In School	491	0.69	3.131	0.082	0.243	0.34	716	0.736
Afterschool	227	0.61	2.806					
Brand New to Program	179	0.37	2.958	0.079	0.284	0.28	398	0.780
Not Brand New	221	0.45	2.709					
Less Than 1 Year	232	0.23	2.914	-0.428	0.285	-1.50	398	0.134
More Than 1 Year	168	0.66	2.674					
New Coaches Only	578	0.67	2.957	0.017	0.258	0.07	754	0.946
Repeat Coach	178	0.66	3.157					
No Full Time Coach	530	0.55	3.040	-0.233	0.303	-0.77	650	0.441
Coach Full Time	122	0.78	2.891					
Not From Community	111	1.01	3.035	0.566	0.314	1.80	603	0.072
Coach From Community	494	0.44	2.979					
One Coach in Group	478	0.73	3.062	0.556	0.268	2.07	647	0.039
Three or More Coaches	171	0.17	2.862					
UC Coach is Head Coach	226	0.37	2.944	-0.503	0.251	-2.00	656	0.046
No UC Head Coach	432	0.87	3.119					
Low HSS Contact	87	0.78	2.751	0.304	0.414	0.74	173	0.463
High HSS Contact	88	0.48	2.721					
Boys								
Female Coaches Only	115	1.23	3.093	0.856	0.366	2.34	282	0.020

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Male Coaches Only	169	0.38	2.976					
Male Coaches Only	169	0.38	2.976	-0.064	0.352	-0.18	289	0.856
Mixture of Male and Female Coaches	122	0.44	2.946					
Female Coaches Only	115	1.23	3.093	0.792	0.392	2.02	235	0.045
Mixture of Male and Female Coaches	122	0.44	2.946					
Girls								
Female Coaches Only	148	0.32	3.013	-1.131	0.408	-2.77	233	0.006
Male Coaches Only	87	1.45	3.026					
Male Coaches Only	87	1.45	3.026	0.839	0.433	1.94	190	0.054
Mixture of Male and Female Coaches	105	0.61	2.956					
Female Coaches Only	148	0.32	3.013	-0.292	0.381	-0.77	251	0.445
Mixture of Male and Female Coaches	105	0.61	2.956					

Table 53. Results Presented in Figure 37 (Nutritional Habits), Up2Us Coach National Evaluation Report

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Female	224	0.30	1.997	0.315	0.189	1.67	505	0.096
Male	283	0.62	2.200					
All Other Races	148	0.34	1.772	-0.189	0.188	-1.01	344.603	0.315
African American	358	0.53	2.246					
All Other Races	426	0.51	2.193	0.182	0.215	0.85	136.036	0.398
Hispanic	80	0.33	1.667					

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
All Other Races	458	0.48	2.155	-0.001	0.322	0.00	504	0.998
Caucasian	48	0.48	1.750					
In School	314	0.51	2.244	0.072	0.218	0.33	455	0.741
Afterschool	143	0.44	1.974					
Brand New to Program	149	0.21	2.081	0.338	0.252	1.34	252	0.182
Not Brand New	105	0.55	1.829			1.34		
Less Than 1 Year	204	0.34	1.980	-0.082	0.314	-0.26	252	0.795
More Than 1 Year	50	0.42	2.021					
New Coaches Only	421	0.54	2.134	0.353	0.253	1.40	503	0.163
Repeat Coach	84	0.19	2.015					
No Full Time Coach	403	0.47	2.084	0.257	0.443	0.58	424	0.563
Coach Full Time	23	0.22	1.704					
Not From Community	130	0.42	2.041	-0.027	0.240	-0.11	284	0.911
Coach From Community	156	0.44	1.998					
One Coach in Group	353	0.47	2.075	0.006	0.219	0.03	476	0.977
Three or More Coaches	125	0.46	2.191					
UC Coach is Head Coach	126	0.48	2.081	-0.046	0.245	-0.19	337	0.850
No UC Head Coach	213	0.53	2.233					
Low HSS Contact	14	0.93	1.639	0.704	0.638	1.10	110	0.272
High HSS Contact	98	0.22	2.300					
Female Coaches Only	185	0.42	2.112	-0.073	0.221	-0.33	355	0.743

	N	Mean	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Male Coaches Only	172	0.49	2.059					
Male Coaches Only	172	0.49	2.059	-0.012	0.236	-0.05	322	0.958
Mixture of Male and Female Coaches	152	0.51	2.193					
Female Coaches Only	185	0.42	2.112	-0.085	0.235	-0.36	335	0.718
Mixture of Male and Female Coaches	152	0.51	2.193					

Table 54. Results Presented in Figure 38, Up2Us Coach National Evaluation Report

Length of Time in Program		
	Frequency	Percent
New To Program	3573	52.6
Less Than One Year	901	13.3
1-2 Years	1316	19.4
2-3 Years	517	7.6
3-4 Years	263	3.9
More Than 4 Years	224	3.3
Total	6794	100.0

Table 55. Results Presented in Figure 39, Up2Us Coach National Evaluation Report

PACER - 2nd Missed Lap	Mean	N	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Year 1 Baseline	20.47	182	14.218	8.390	1.068	7.857	181	0.000
Year 1 Endline	28.86	182	19.092					
Year 2 Baseline	20.75	182	18.668	2.610	0.682	3.825	181	0.000
Year 2 Endline	23.36	182	19.687					
Year 1 Baseline	20.47	182	14.218	2.885	0.973	2.965	181	0.003
Year 2 Endline	23.36	182	19.687					

Table 56. Results Presented in Figure 40, Up2Us Coach National Evaluation Report

			Not Brand New	Brand New	Total
Baseline PACER Score in Healthy Fitness Zone	Does Not Meet	Count	310	252	562
		Percent	54.7%	57.7%	56.0%
	Meets	Count	226	170	396
		Percent	39.9%	38.9%	39.4%
	Exceeds	Count	31	15	46
		Percent	5.5%	3.4%	4.6%
Total		Count	567	437	1004
		Percent	100.0%	100.0%	100.0%
			Less Than 1 Year	More Than 1 Year	Total
Baseline PACER Score in Healthy Fitness Zone	Does Not Meet	Count	339	223	562
		Percent	58.5%	52.5%	56.0%
	Meets	Count	222	174	396
		Percent	38.3%	40.9%	39.4%
	Exceeds	Count	18	28	46
		Percent	3.1%	6.6%	4.6%
Total		Count	579	425	1004

		Percent	100.0%	100.0%	100.0%
Not Brand New					
			Not Brand New	Brand New	Total
Endline PACER Score in Healthy Fitness Zone	Does Not Meet	Count	233	191	424
		Percent	51.7%	54.9%	53.1%
	Meets	Count	196	141	337
		Percent	43.5%	40.5%	42.2%
	Exceeds	Count	22	16	38
		Percent	4.9%	4.6%	4.8%
Total		Count	451	348	799
		Percent	100.0%	100.0%	100.0%
Less Than 1 Year					
			Less Than 1 Year	More Than 1 Year	Total
Endline PACER Score in Healthy Fitness Zone	Does Not Meet	Count	234	190	424
		Percent	52.5%	53.8%	53.1%
	Meets	Count	193	144	337
		Percent	43.3%	40.8%	42.2%
	Exceeds	Count	19	19	38
		Percent	4.3%	5.4%	4.8%

Total	Count	446	353	799
	Percent	100.0%	100.0%	100.0%

Table 57. Results Presented in Figure 41, Up2Us Coach National Evaluation Report

		Mean	N	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Self-Awareness	Y1 BL	3.78	60	0.739	0.300	0.123	2.43	59	0.018
	Y1 EL	3.83	48	0.761					
	Y2 BL	3.99	56	0.584					
	Y2 EL	4.08	60	0.675					
Positive Identity	Y1 BL	4.14	60	0.821	0.129	0.138	0.94	59	0.353
	Y1 EL	4.19	48	0.740					
	Y2 BL	4.31	56	0.548					
	Y2 EL	4.27	60	0.685					
Situational Awareness	Y1 BL	3.91	60	0.837	0.312	0.118	2.65	59	0.010
	Y1 EL	4.11	48	0.692					
	Y2 BL	4.08	56	0.655					
	Y2 EL	4.22	60	0.603					

		Mean	N	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Future Focus and Plan B Thinking	Y1 BL	4.03	57	0.681	0.133	0.111	1.19	56	0.238
	Y1 EL	4.15	47	0.546					
	Y2 BL	4.20	53	0.494					
	Y2 EL	4.17	57	0.669					
Discipline	Y1 BL	4.12	56	0.620	0.078	0.110	0.71	55	0.483
	Y1 EL	4.18	46	0.643					
	Y2 BL	4.10	52	0.570					
	Y2 EL	4.19	56	0.686					
Social Confidence	Y1 BL	3.61	56	0.745	0.273	0.118	2.32	55	0.024
	Y1 EL	3.69	46	0.780					
	Y2 BL	3.76	52	0.777					
	Y2 EL	3.89	56	0.893					
Pro-Social Connections	Y1 BL	4.06	59	0.760	0.157	0.115	1.36	58	0.178
	Y1 EL	4.14	47	0.713					
	Y2 BL	4.25	54	0.635					
	Y2 EL	4.21	59	0.747					

		Mean	N	Standard Deviation	Mean Difference	Standard Error of Difference	t	Degrees of Freedom	p-value
Well-Being	Y1 BL	3.98	59	0.747	0.266	0.118	2.25	58	0.028
	Y1 EL	4.05	47	0.709					
	Y2 BL	4.17	54	0.669					
	Y2 EL	4.25	59	0.590					

Table 58. Results Presented in Figure 42, Up2Us Coach National Evaluation Report

		N	Mean	Standard Deviation
Self-Awareness at Baseline	Brand New	241	3.41	0.524
	Not New	382	3.46	0.517
	More Than 1 Year	292	3.48	0.528
Self-Awareness at Endline	Brand New	190	3.53	0.675
	Not New	235	3.79	0.673
	More Than 1 Year	178	3.82	0.647
Positive Identity at Baseline	Brand New	221	3.76	0.536
	Not New	381	3.74	0.580
	More Than 1 Year	286	3.75	0.593
	Brand New	170	3.81	0.794

		N	Mean	Standard Deviation
Positive Identity at Endline	Not New	239	4.01	0.704
	More Than 1 Year	179	4.03	0.710
Situational Awareness at Baseline	Brand New	242	3.71	0.560
	Not New	406	3.72	0.569
	More Than 1 Year	312	3.74	0.571
Situational Awareness at Endline	Brand New	189	3.78	0.776
	Not New	255	3.98	0.641
	More Than 1 Year	195	4.01	0.613
Future Focus and Plan B Thinking at Baseline	Brand New	231	3.66	0.485
	Not New	380	3.68	0.524
	More Than 1 Year	283	3.68	0.530
Future Focus and Plan B Thinking at Endline	Brand New	180	3.71	0.629
	Not New	240	3.94	0.665
	More Than 1 Year	179	3.91	0.647
Discipline at Baseline	Brand New	227	3.60	0.504
	Not New	358	3.59	0.518
	More Than 1 Year	267	3.60	0.522
Discipline at Endline	Brand New	177	3.63	0.733
	Not New	222	3.89	0.671

		N	Mean	Standard Deviation
	More Than 1 Year	167	3.90	0.661
Social Confidence at Baseline	Brand New	251	3.22	0.599
	Not New	405	3.26	0.629
	More Than 1 Year	301	3.25	0.648
Social Confidence at Endline	Brand New	191	3.33	0.770
	Not New	258	3.58	0.801
	More Than 1 Year	193	3.53	0.806
Pro-Social Connections at Baseline	Brand New	233	3.72	0.524
	Not New	358	3.78	0.546
	More Than 1 Year	263	3.79	0.555
Pro-Social Connections at Endline	Brand New	172	3.64	0.786
	Not New	221	4.04	0.663
	More Than 1 Year	163	4.08	0.640
Well-Being at Baseline	Brand New	222	3.48	0.582
	Not New	364	3.59	0.550
	More Than 1 Year	272	3.60	0.577
Well-Being at Endline	Brand New	164	3.59	0.795
	Not New	220	3.91	0.707
	More Than 1 Year	164	3.92	0.655

Table 59. Results Presented in Figure 43, Up2Us Coach National Evaluation Report

		N	Mean	Standard Deviation
Self-Awareness	Brand New	190	0.16	0.722
	Not New	235	0.29	0.673
	More Than 1 Year	178	0.31	0.628
Positive Identity	Brand New	170	0.08	0.761
	Not New	239	0.27	0.709
	More Than 1 Year	179	0.29	0.698
Situational Awareness	Brand New	189	0.10	0.767
	Not New	255	0.19	0.731
	More Than 1 Year	195	0.21	0.717
Future Focus and Plan B Thinking	Brand New	180	0.07	0.660
	Not New	240	0.27	0.677
	More Than 1 Year	179	0.25	0.684
Discipline	Brand New	177	0.05	0.751
	Not New	222	0.28	0.690
	More Than 1 Year	167	0.30	0.686
Social Confidence	Brand New	191	0.10	0.784
	Not New	258	0.32	0.765
	More Than 1 Year	193	0.30	0.710

		N	Mean	Standard Deviation
Pro-Social Connections	Brand New	172	-0.03	0.800
	Not New	221	0.26	0.695
	More Than 1 Year	163	0.30	0.693
Well-Being	Brand New	164	0.14	0.863
	Not New	220	0.33	0.747
	More Than 1 Year	164	0.34	0.733

Table 60. Results Presented in Figure 44, Up2Us Coach National Evaluation Report

		N	Mean	Standard Deviation
Positive Identity at Baseline	Brand New	292	4.08	0.695
	Not New	208	4.16	0.619
Positive Identity at Endline	Brand New	189	4.20	0.736
	Not New	120	4.33	0.622
Discipline at Baseline	Brand New	280	3.74	0.665
	Not New	226	3.75	0.618
Discipline at Endline	Brand New	178	3.85	0.720
	Not New	125	4.01	0.717
Social Confidence at Baseline	Brand New	282	3.65	0.760
	Not New	207	3.81	0.622

		N	Mean	Standard Deviation
Social Confidence at Endline	Brand New	185	3.84	0.814
	Not New	114	4.06	0.713
Pro-Social Connections at Baseline	Brand New	273	3.97	0.759
	Not New	216	4.05	0.627
Pro-Social Connections at Endline	Brand New	176	4.08	0.797
	Not New	113	4.23	0.626
Well-Being at Baseline	Brand New	288	3.66	0.764
	Not New	215	3.81	0.609
Well-Being at Endline	Brand New	189	3.90	0.772
	Not New	118	4.04	0.760



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